

memory, activation means of predetermined computer functions, a deletion means to remove predetermined data from said random access memory, a reset means to restore predetermined random access memory locations to predetermined values, a menu access means electrically connected to said processor for retrieval of nutrition and exercise menus, a scrolling means electrically connected to said processor to look up screen viewed data in four basic directions, and a quick exit means electrically connected to said processor to initiate instant egress from computer system;

(e) a plurality of special function buttons positioned on said computer case comprising a retrieval means electrically connected to said processor to quickly access predetermined random access memory locations containing predetermined user personal data, weight, caloric consumption, fat consumption and caloric output data, and a toggle switch means electrically connected to said processor to start and stop predetermined exercise activity measurements;

(f) a liquid crystal display positioned on said computer case with viewing area adequate to present a plurality of graphs, charts, lists and information gathering screens stored in predetermined said random access memory locations;

(g) a receiving means in said computer case electrically connected to said processor to monitor/store signals from a plurality of exercise activity measurement transmitting devices.

2. (PREVIOUSLY AMENDED) The nutrition and exercise management tool computing device of claim 1 wherein said plurality of exercise activity measurement transmitting devices are externally located from said computer case and are connected by a wireless communication means to said receiving means to transfer exercise activity data directly to said processor.

3. (PREVIOUSLY AMENDED) The nutrition and exercise management tool of claim 1 wherein **[a suggested weight calculation comprises;**

(a)] the coprocessor **[of claim 1 wherein said]** is configured to derive a suggested weight **[is derived]** using said predetermined **[said]** user personal data.

4. (PREVIOUSLY AMENDED) The nutrition and exercise management tool of claim 1 wherein **[a total caloric output calculation comprises;**

~~(a)] the coprocessor [of claim 1 wherein] is configured to calculate a total caloric output from a daily at rest caloric output, an activity caloric output and a total daily caloric output which are derived using said predetermined [said] user personal data; predetermined exercise caloric burning rates and exercise data from said plurality of exercise activity measurement transmitting devices that are [input means];~~

~~(b) the plurality of exercise input means of claim 1 wherein the exercise input is] electrically connected to said coprocessor that utilizes [utilizing] an activity, timer or pulse to caloric output conversion means, said exercise calorie burning rate, and said predetermined [said] user personal data to derive exercise activity calories burned;~~

~~[(c)] the coprocessor and random access memory [of claim 1 wherein] are configured to accumulate said daily at rest caloric output and said exercise activities calories burned [are accumulated] to provide daily totals; and said coprocessor uses~~

~~[(d) the coprocessor of claim 1 wherein predetermined] said predetermined user personal data is used to derive the user's daily intake caloric and fat targets; and~~

~~[(e)] a comparison means to provide a plurality of alarm signals when said caloric and fat intake nears or exceeds the target caloric and fat values.~~

5. (PREVIOUSLY AMENDED) The nutrition and exercise management tool of claim 1 wherein said coprocessor is configured to calculate a total caloric intake target calculation using [comprises];

~~(a) the coprocessor of claim 1 wherein predetermined] said predetermined user personal data, and a date started is used to derive a graduated daily intake caloric target during a predetermined adjustment period and[;~~

~~(b) the coprocessor of claim 1 wherein predetermined] said user predetermined personal data is used to derive a daily intake caloric target after said predetermined adjustment period has elapsed.~~

6. (TWICE AMENDED) The nutrition and exercise management tool of claim 1 wherein the coprocessor is configured to calculate a total fat intake target [calculation comprises];

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(a) the coprocessor of claim 1 wherein said total fat intake target is derived] using [predetermined] said predetermined user personal data.

8. (AMENDED) The main menu of claim 7 wherein a nutrition menu with a food list comprises,

(a) a list of predetermined food items and a list of respective calories per serving, fat content per serving and size of serving stored in predetermined random access memory locations;

(b) a food selection means connected to said processor to retrieve a food item and its respective calories and fat content per serving size; and

(c) the coprocessor and random access memory [of claim 1 wherein] are configured to accumulate the consumed food item calories and fat content [are accumulated] to provide daily totals.

16. (TWICE AMENDED) An interactive personal nutrition and exercise management tool computing device comprising:

(a) a housing sized and shaped to be held in a hand of a user;

(b) a computer processor within said housing, said computer processor operatively coupled to a memory, a user interface and a display;

(c) nutrition data for various food items stored in said memory and exercise data for various exercise activities stored in said memory;

(d) software stored in said memory, said software including a data retrieval portion and a display portion, said display portion and said data retrieval portion configured such that said user can select nutrition data for at least one of said various food items ; said display portion and said data retrieval portion also configured such that a user can select exercise data for at least one of said various exercise activities, said display portion and said data retrieval portion are configured such that said user can select said one of said various food items by navigating with said user interface and said display through a nutrition menu, said display portion and said data retrieval portion also configured such that said user can select said one of said various exercise activities by navigating with said user interface and said display through an exercise menu;

(e) said software further including an accumulation portion and a burning portion, said accumulation portion configured to calculate nutrition accumulation during a time period, based

~~at least in part on said nutrition data selected by said user, and said burning portion configured to calculate nutrition burned during said time period, based at least in part on said exercise data selected by said user; and~~

~~(f) a receiver configured for receiving wireless information from an exercise device.~~

~~19. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said software includes a personal data portion that is configured such that said user can enter personal data with user interface and store said personal data in said memory.~~

~~20. The interactive personal nutrition and exercise management tool computer device of Claim 19, wherein said nutrition output portion is further configured to calculate nutrition burned during said time period based at least in part on said personal data.~~

~~21. The interactive personal nutrition and exercise management tool computer device of Claim 19, wherein said personal data includes at least said user's weight, height, and sex.~~

~~22. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said nutrition data includes a calorie content per serving of said various food items.~~

~~23. The interactive personal nutrition and exercise management tool computer device of Claim 22, wherein said nutrition data includes a fat content per serving of said various food items.~~

~~24. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said nutrition data includes a fat content per serving of said various food items.~~

~~25. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said software is configured such that said user can input with said user interface a serving size of said at least one of said various food items and said serving size is used to adjust said nutritional input.~~

~~26. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said software is configured such that said user can input with said user interface an exercise time and said exercise time is used to calculate said nutritional output.~~

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27. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said processor includes a timer and said software is configured such that said user can use said timer to determine an exercise time, and said exercise time is used to calculate said nutritional output.

28. The interactive personal nutrition and exercise management tool computer device of Claim 27, wherein said user interface includes a toggle switch that is operatively coupled to said timer and configured such that said user can start and stop said timer.

30. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said software is configured such that said user can input with said user interface an activity level of said one of said various exercise activities, said activity level used to adjust said nutrition burned.

31. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein burning portion is configured to calculate calories burned during said time period.

32. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said display portion is configured to display said nutrition accumulation for said time period in a tabular format on said display.

33. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said display portion is configured to display said nutrition accumulation for said time period in a graphical format on said display.

34. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said display portion is configured to display said nutrition burned for said time period in a tabular format on said display.

35. (AMENDED) The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said display portion is configured to display said nutrition burned for said time period in a graphical format on said display.

36. (TWICE AMENDED) An interactive personal nutrition and exercise management tool computing device comprising:

(a) a housing sized and shaped to be held in a hand of a user;

(b) a computer processor within said housing, said computer processor operatively coupled to a memory, a user interface and a display;

(c) nutrition data for various food items stored in said memory and exercise data for various exercise activities stored in said memory;

(d) software stored in said memory, said software including a data retrieval portion and a display portion, said display portion and said data retrieval portion configured such that said user can select nutrition data for at least one of said various food items; said display portion and said data retrieval portion also configured such that a user can select exercise data for at least one of said various exercise activities, said display portion and said data retrieval portion are configured such that said user can select said one of said various food items by navigating with said user interface and said display through a nutrition menu, said display portion and said data retrieval portion also configured such that said user can select said one of said various exercise activities by navigating with said user interface and said display through an exercise menu;

(e) said software further including an accumulation portion and a burning portion, said accumulation portion configured to calculate nutrition accumulation during a time period, based at least in part on said nutrition data selected by said user, and said burning portion configured to calculate nutrition burned during said time period, based at least in part on said exercise data selected by said user; and wherein said software includes a password portion configured such that said user has to enter a password with said interface to use said computer device.

37. The interactive personal nutrition and exercise management tool computer device of Claim 16, further including an alarm and wherein said software includes an alarm portion.

38. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said user can program said alarm portion such that said alarm goes off when said nutrition accumulation approaches a predetermined limit.

39. The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said exercise data includes calorie burning rates for said various exercise activities.

40. (PREVIOUSLY AMENDED) A method for tracking nutrition consumed by a user and nutrition burned by said user with an interactive personal nutrition and exercise

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management tool that includes a housing, a processor located within the housing and operatively coupled to a memory, a user interface and a display, the method comprising the steps of:

storing nutritional data for various food items in said memory;

receiving a food item selection from said user for at least one food item by navigating with said user interface and said display through a nutrition menu;

retrieving said nutritional data for said food item selection;

accumulating said nutritional data for a plurality of food item selections over a time period;

storing exercise data for various exercise activities in said memory;

receiving an exercise data selection from said user for at least one exercise activity by navigating with said user interface and said display through an exercise menu;

retrieving said exercise data for said exercise data selection;

receiving additional exercise data from a wireless signal from an exercise device;

receiving and storing personal data of said user in said memory; and

calculating a nutritional burn rate over said period of time from said personal data and said exercise activity selection.

43. The method of Claim 40, wherein said step of receiving and storing said personal data includes the step of receiving and storing, at least, said user's weight, height, and sex.

44. The method of Claim 40, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a calorie content per serving of said various food items.

45. The method of Claim 44, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a fat content per serving of said various food items.

46. The method of Claim 40, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a fat content per serving of said various food items.

47. The method of Claim 40, further including the step of receiving a serving size of said food item selection.

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48. The method of Claim 40, further including the steps of receiving an exercise time of said exercise data selection and using said exercise time to calculate said nutritional burn rate over said period of time.

50. The method of Claim 40, further including the steps of receiving an activity level of said particular exercise activity and using said activity level to adjust said nutrition burn rate.

51. The method of Claim 40, further including the step of displaying said nutrition data that has been accumulated over said time period in a tabular format on said display.

52. The method of Claim 40, further including the step of displaying said nutrition data that has been accumulated over said time period in a graphical format on said display.

53. The method of Claim 40, further including the step of displaying said nutritional burn rate that has been accumulated over said time period in a tabular format on said display.

54. The method of Claim 40, further including the step of displaying said nutritional burn rate that has been accumulated over said time period in a graphical format on said display....

55. (PREVIOUSLY AMENDED) A method for tracking nutrition consumed by a user and nutrition burned by said user with an interactive personal nutrition and exercise management tool that includes a housing, a processor located within the housing and operatively coupled to a memory, a user interface and a display, the method comprising the steps of:

storing nutritional data for various food items in said memory;

receiving a food item selection from said user for at least one food item by navigating with said user interface and said display through a nutrition menu;

retrieving said nutritional data for said food item selection;

accumulating said nutritional data for a plurality of food item selections over a time period;

storing exercise data for various exercise activities in said memory;

receiving an exercise data selection from said user for at least one exercise activity by navigating with said user interface and said display through an exercise menu;

retrieving said exercise data for said exercise data selection;

receiving additional exercise data from a wireless signal from an exercise device;

~~receiving and storing personal data of said user in said memory; and receiving a password from said user.~~

~~56. The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said software includes a personal data portion that is configured such that said user can enter personal data with user interface and store said personal data in said memory.~~

~~57. The interactive personal nutrition and exercise management tool computer device of Claim 56, wherein said nutrition output portion is further configured to calculate nutrition burned during said time period based at least in part on said personal data.~~

~~58. The interactive personal nutrition and exercise management tool computer device of Claim 56, wherein said personal data includes at least said user's weight, height, and sex.~~

~~59. The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said nutrition data includes a calorie content per serving of said various food items.~~

~~60. The interactive personal nutrition and exercise management tool computer device of Claim 59, wherein said nutrition data includes a fat content per serving of said various food items.~~

~~61. The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said nutrition data includes a fat content per serving of said various food items.~~

~~62. The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said software is configured such that said user can input with said user interface a serving size of said at least one of said various food items and said serving size is used to adjust said nutritional input.~~

~~63. The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said software is configured such that said user can input with said user interface an exercise time and said exercise time is used to calculate said nutritional output.~~

~~64. The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said processor includes a timer and said software is configured such that~~

~~said user can use said timer to determine an exercise time, and said exercise time is used to calculate said nutritional output.~~

65. ~~The interactive personal nutrition and exercise management tool computer device of Claim 64, wherein said user interface includes a toggle switch that is operatively coupled to said timer and configured such that said user can start and stop said timer.~~

66. ~~The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said software is configured such that said user can input with said user interface an activity level of said one of said various exercise activities, said activity level used to adjust said nutrition burned.~~

67. ~~The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein burning portion is configured to calculate calories burned during said time period.~~

68. ~~The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said display portion is configured to display said nutrition accumulation for said time period in a tabular format on said display.~~

69. ~~The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said display portion is configured to display said nutrition accumulation for said time period in a graphical format on said display.~~

70. ~~The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said display portion is configured to display said nutrition burned for said time period in a tabular format on said display.~~

71. ~~The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said display portion is configured to display said nutrition burned for said time period in a graphical format on said display.~~

72. ~~The interactive personal nutrition and exercise management tool computer device of Claim 36, further including an alarm and wherein said software includes an alarm portion.~~

73. ~~The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said user can program said alarm portion such that said alarm goes off when said nutrition accumulation approaches a predetermined limit.~~

74. The interactive personal nutrition and exercise management tool computer device of Claim 36, wherein said exercise data includes calorie burning rates for said various exercise activities.

75. The method of Claim 55, wherein said step of receiving and storing said personal data includes the step of receiving and storing, at least, said user's weight, height, and sex.

76. The method of Claim 55, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a calorie content per serving of said various food items.

77. The method of Claim 76, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a fat content per serving of said various food items.

78. The method of Claim 55, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a fat content per serving of said various food items.

79. The method of Claim 55, further including the step of receiving a serving size of said food item selection.

80. The method of Claim 55, further including the steps of receiving an exercise time of said exercise data selection and using said exercise time to calculate said nutritional burn rate over said period of time.

81. The method of Claim 55, further including the steps of receiving an activity level of said particular exercise activity and using said activity level to adjust said nutrition burn rate.

82. The method of Claim 55, further including the step of displaying said nutrition data that has been accumulated over said time period in a tabular format on said display.

83. The method of Claim 55, further including the step of displaying said nutrition data that has been accumulated over said time period in a graphical format on said display.

84. The method of Claim 55, further including the step of displaying said nutritional burn rate that has been accumulated over said time period in a tabular format on said display.

85. The method of Claim 55, further including the step of displaying said nutritional burn rate that has been accumulated over said time period in a graphical format on said display.

86. (AMENDED) An interactive personal nutrition and exercise management tool computing device comprising:

- (a) a housing sized and shaped to be held in a hand of a user;
- (b) a computer processor within said housing, said computer processor operatively coupled to a memory, a user interface and a display;
- (c) nutrition data for various food items stored in said memory and exercise data for various exercise activities stored in said memory;
- (d) software stored in said memory, said software including a data retrieval portion and a display portion, said display portion and said data retrieval portion configured such that said user can select nutrition data for at least one of said various food items ; said display portion and said data retrieval portion also configured such that a user can select exercise data for at least one of said various exercise activities, said display portion and said data retrieval portion are configured such that said user can select said one of said various food items by navigating with said user interface and said display through a nutrition menu, said display portion and said data retrieval portion also configured such that said user can select said one of said various exercise activities by navigating with said user interface and said display through an exercise menu;
- (e) said software further including an accumulation portion and a burning portion, said accumulation portion configured to calculate nutrition accumulation during a time period, based at least in part on said nutrition data selected by said user, and said burning portion configured to calculate nutrition burned during said time period, based at least in part on said exercise data selected by said user; and
- (f) said software further including a suggested weight portion for calculating a suggested weight based upon user entered values for sex, frame, lifestyle, height and age.